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The Health Care Directive form provided by Hospice of the Valley is a Substantive Advance Directive. This specific form allows you to clearly outline your medical treatment preferences. You can specify the kinds of treatments you would like to receive or avoid, such as life-sustaining treatments and pain management options. The form also includes sections where you can indicate under what conditions these treatments should be administered or withheld. Additionally, the form provides an area for you to define what you consider to be an "acceptable quality of life." This is particularly important as it gives healthcare providers a framework for understanding your values and making medical decisions that align with your wishes. For example, you can indicate whether you would like to receive life-sustaining treatments if you are in a vegetative state, or whether you would prefer to forgo such treatments in favor of a natural death. So in all this Substantive Advance Directive is designed to empower you to have control over your medical care, ensuring that your specific

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wishes are followed in scenarios where you may not be able to communicate them yourself.

I was surprised by the "acceptable quality of life" section in the Health Care Directive form; it adds depth by allowing for personalized medical preferences. While I appreciate its comprehensiveness, the legal jargon could be simplified to make the form more accessible. But in general it's a useful tool for guiding medical decisions.

Reviewing the Health Care Directive has certainly made me more aware of the importance of Advance Directives. It's something I'd consider not just for myself but also recommend for loved ones. The Substantive Advance Directive seems particularly useful because it allows for a detailed outline of medical preferences, making it easier for healthcare providers to align their actions with my values and wishes.

Works Cited

"Health Care Directive (Living Will)." Hospice of the Valley, https://www.hov.org/media/1112/living-will_forms.pdf